

Polyvagal Home Care

*A simple guide for
moments of overwhelm*



What is Polyvagal Theory?

(A Short Explanation)



Polyvagal Theory helps us understand how your nervous system responds to safety, stress, and overwhelm.

Your body is constantly scanning your environment and relationships, asking:

Am I safe, or do I need to protect myself?

When you feel safe, you may feel calm, present, and connected.

When your system senses stress, you might feel:

- anxious, restless, or overwhelmed
- or flat, disconnected, and shut down

This is your body talking to you in its infamous wisdom of trying to protect you.

This guide offers a few simple ways to support your system in those moments.

When you feel overwhelmed — try one of the “tools” in this brochure.

You don't need to do all of them. Simply choose the one that speaks to you. Every time you become aware “in the moment”, and can gently let your nervous system know you've heard it, is a step closer to feeling better.



1. Notice Your Environment

Notice Your Environment

Gently look around you and name:

- 4 things you can see
- 3 things you can hear
- 2 things you can feel
- 1 thing you can smell

This can help your system recognize:

"I am here. I am safe enough right now."

2. Hand on Body

Hand on Body

Place one hand on your body — chest, heart, arm, or leg.

Apply gentle pressure.

You're not trying to change anything.

Just letting your body register:

"I am here with myself."

3. Butterfly Tap

Butterfly Tap

Cross your arms over your chest.

Gently tap your shoulders... left-right-left-right-left-right.

You can do this as slowly or quickly as feels right for your body today. So, find a nice steady rhythm that feels comfortable.

This can create a sense of calm through gentle, repetitive movement.



4. Box Breathing

Box Breathing

Gently follow this rhythm:

- Inhale for 4
- Hold for 4
- Exhale for 4
- Hold for 4

Repeat for as long as feels right. At least for a few minutes.

When you feel better, just let your breath soften and slow naturally.

A Gentle Reminder

A Gentle Reminder

Each of these methods are small ways to support your nervous system and offer it signals of safety.

Even noticing how you feel is already a step. The more you do it, the better you get at it.

And if you require further support, I'm only an email away:

✉ bo@boluppess.com

Or you can book a complimentary support call:

 <https://calendly.com/bo-luppess/support-call>

